

Sesame Coconut

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Chef's Notes

For a warm option, spread on dehydrator sheets and dehydrate at 115°F (45°C) for 1 hour.

For another option, serve in lettuce cups, topped with Almond Chile Sauce.

Step 1: Preparing the Coconut Meat

- 2 cups coconut meat (thai young coconuts preferred)

To prepare the coconut meat, cut coconuts in half and spoon out the meat. Try to keep pieces as large as possible.

Julienne the coconut into noodle thickness and set aside.

Step 2: Finishing the Dish

- 1 1/2 tbsp sesame seeds
- 1 1/2 tbsp toasted sesame oil
- 1 1/2 tbsp lemongrass minced
- 1 tbsp tamari
- 1 1/2 tbsp fresh chives, minced
- 1/2 tsp chile, minced
- 3 tbsp mix of fresh cilantro, mint and basil, chopped

To finish the dish, in a bowl, toss the coconut with the sesame seeds (reserving some for garnish), sesame oil, lemongrass, tamari, chives and chile together well.

Just prior to plating, toss with the cilantro, mint and basil, then garnish with a sprinkle of sesame seeds.